



2017 SUMMER PROGRAM GUIDE



At Eugene Swim & Tennis Club, our mission is to provide our members with access to excellent programs and facilities for tennis, fitness and aquatics in a friendly and enjoyable environment. We are committed to supporting healthy lifestyles through activity and social engagement.

Summer is a busy time at Eugene Swim & Tennis Club. We want everyone to have fun and enjoy the club, the programs and the amenities we have to offer.

To register for classes, programs or events visit estc.org or call 541-342-4414.



2766 Crescent Avenue
Eugene, Oregon 97408
ESTC.ORG

©2017

Special Events

ESTC Open

Presented by Relax the Back

Proceeds to benefit Boys and Girls Club of Emerald Valley

The 56th Annual ESTC Open takes to the courts June 15-18. Enjoy four days of tournament tennis featuring men and women competing in open and NTRP events. This premier event draws many top players and future tennis professionals from around the country. Sponsorship opportunities are available starting at \$100. Contact Kyle Halberg (kyleh@estc.org) for details.

Junior Rally Day

A community event celebrating tennis. Member and non-member juniors are welcome to join in fun tennis drills and games during this tennis event.

AGES 4+ YEARS

Friday, June 9 4:00 PM

No fee

ESTC Golf Scramble

Form a team and get ready for a fun day hitting the links. Proceeds to benefit Boys and Girls Club of Emerald Valley.

Sunday, August 20

Details TBA

Wacky Wednesdays

Join us for a carnival-like atmosphere every Wednesday afternoon. Each week will bring a different event, including a dunk tank, photo booth, face painting, lifeguard games, snow cones and more. Fun for everyone.

Wednesdays, beginning June 28 4:00 PM

No fee

Movies After Dark

Grab a cozy blanket and head to ESTC for a family movie night poolside at dusk.

Friday, June 23

Friday, July 28

Friday, August 25

No fee

Movies TBA



Junior Tennis Camps

WEEKLY SESSIONS

JUNE 26 - AUGUST 24

- Future Stars Camp for players ages 5 - 10
- Middle School & High School Camp for players ages 11 - 18
- Tournament Competition Camp for players ages 11 - 18
- No camp on July 3 or 4

LESSON & CAMP POLICIES

- Advance registration required
- In order to secure a spot in class/camp—we request that you register by 5:00 PM on Sunday the week of the lesson or camp
- Minimum of three players enrolled by Sunday at 5:00 PM for the class/camp to be held that week
- Drop-ins are accepted on a space available basis at a drop-in rate
- We are unable to provide refunds for missed classes

■ FUTURE STARS CAMP

AGES 5 - 10

Three different ball types and court sizes are utilized to help young players succeed at an earlier age. The focus is on hand-eye coordination, basic technique and movement with an emphasis on fun. As students work their way through the Future Stars Program they prepare for match play while developing an enjoyment of tennis.

Future Stars 1

The red ball and 36-foot court from the QuickStart 10 & Under curriculum allow the youngest students to progress into cooperative partner drills and rallying earlier and with more success. The camp's focus is on hand-eye coordination and movement, along with development of basic groundstroke and volley technique. As the students' skills progress, introduction to basic point play and scoring is incorporated.

Monday - Thursday 3:00 - 4:00 PM

Fee: \$55 member | \$75 non-member

Future Stars 2

The orange ball and 60-foot court from the QuickStart 10 & Under curriculum are utilized. As the court gets larger, there is an increased focus on stroke development and proper footwork. Students are introduced to the overhead serve, basic match play and scoring. Time is spent improving court positioning skills in fun, competitive point play formats.

Monday - Thursday 11:00 AM - 12:30 PM

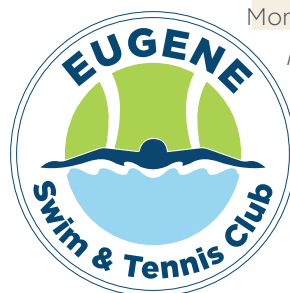
Fee: \$85 member | \$105 non-member

Future Stars 3

A combination of the orange and green dot balls from the QuickStart 10 & Under curriculum are used. More advanced stroke technique and footwork are emphasized. Point play-based drills develop an understanding of positioning and basic strategy with the goal of preparing students for tournament match play.

Monday - Thursday 11:00 AM - 12:30 PM

Fee: \$85 member | \$105 non-member



Junior Tennis Camps



■ MIDDLE SCHOOL & HIGH SCHOOL CAMP

AGES 11 - 18

Middle School & High School Camp is for players with little prior instruction who want to learn the fundamentals and enjoy playing tennis. The curriculum includes learning proper grips, stroke technique, footwork, movement and positioning. Students have significant exposure to basic point play and an introduction to match scoring.

Monday - Thursday 11:00 AM - 12:30 PM

Fee: \$110 member | \$130 non-member

■ TOURNAMENT COMPETITION CAMP

AGES 11 - 18

Tournament Competition Camp is for junior players with a moderate to high level of experience for their age. These students are dedicated to improving their game and becoming better tournament players. There is a focus on developing technique, footwork, movement and positioning, together with improving strategy, shot selection and point construction.

Monday - Thursday 1:00 - 3:00 PM

Fee: \$150 member | \$200 non-member

Instructor approval required

Tournament Competition 1

This camp focuses on stroke development and positioning. Students learn to improve topspin on their groundstrokes, to properly use a slice and to add spin to their serves. There is also a focus on recovery between shots and proper positioning for most situations.

Instructor approval required

Tournament Competition 2

A significant amount of time is spent applying the lessons of TC 1 camp in point play drills with emphasis on advanced footwork and movement. Students learn to move more efficiently around the court, as well as the proper pre-stroke footwork sequence and balance. Match play strategy, in both singles and doubles, is another focus.

Instructor approval required

Tournament Competition 3

Reserved for our highest level, most experienced junior players, this camp focuses on point construction, directional patterns, shot selection and advanced strategy. Students also receive more conditioning, footwork training and movement drills. The mental game is emphasized as students play in different competitive point play scenarios during each session.

Instructor approval required



Adult Tennis

Co-Ed Point Play

An opportunity for players to play out points in a rotating format with other members of similar skill level. A non-instructional class.

Sundays 4:00 – 5:00 PM

No fee. Level: 2.5–3.5+

Mixed Doubles Night

Doubles play for all levels with rotation of partners and opponents. Check in at front desk.

Mondays 6:30 – 8:30 PM

No fee

Rhythm & Drills

A drill session with music for all levels.

Thursdays 5:30 – 6:30 PM

No fee

Men's Night

Doubles play for all levels with rotation of partners and opponents. Check in at front desk.

Thursdays 6:30 – 8:30 PM

No fee

Kickstart Tennis Adult Beginning Tennis Series

Learn to play tennis in no time with ESTC. Tennis is a great social outlet where fun and fitness meet. Whether you play to win or just for fun, tennis is a time-efficient, enjoyable way to get in shape and stay connected with people in your community. ESTC tennis professionals have created a lesson series that will get you on the court, playing tennis and having fun in no time.

Get in the game!

- Six-week sessions
- Ball machine pass
- No-charge demo racquets
- Sunday Point Play
- Advance registration required
- See the front desk for additional information

Tuesday & Thursday 6:30 PM – 7:30 PM

Fee: \$25 fitness members | \$75 non-members

No fee for summer and tennis members



Pickleball

Pickleball is a sport in which players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. No experience or equipment are necessary. All members are welcome.

Weekly Drop-In Play

Wednesdays 12:45 - 2:00 PM

Sundays 5:30 - 7:00 PM

Reserve the outdoor pickleball court online or at the front desk



FAQs

Q: What do I need to know regarding locker room usage?

A: Junior members under the age of 18 years use the locker rooms next to the Snack Shack. Children under the age of 5 years may use the adult locker rooms with a parent.

Q: What are the Snack Shack hours?

A: The Snack Shack will open June 22. Hours are 1:00-6:00 PM daily. In the case of inclement weather or temperatures under 75 degrees, the Snack Shack will not be open.

Q: I would like to host a party at ESTC, what's my next step?

A: You may reserve the Dick Black Pavilion with a \$25 fee. A second site with umbrellas and tables may be reserved at no charge. Please submit a request online or contact Chris Kramer (chrisk@estc.org) for details.



Aquatics



Pool Hours

The pool opens one hour after the club opens (Monday–Friday) and closes one hour prior to club closing (daily) for pool maintenance.

Lifeguards will not be on duty when the temperature is less than 75 degrees. The pool may close due to inclement weather.

*The pool will be closed for swim meets.
Dates TBD*

Pool Rules

To keep our pool safe, please follow all posted pool and spa rules. Lifeguards have complete authority in the pool area.

Parents of non-swimmers under the age of 7 must accompany their children in the water.

Children under the age of 11 must have adult supervision inside the pool perimeter at all times.

Parents must be on the pool deck/in pool for all non-swimmers under the age of 14.

If you have any questions about the pool rules, refer to the membership handbook available online or at the front desk.

Adult Swim Hourly Breaks

In order to provide the healthiest pool water and a safe pool experience, ESTC has “adult swim” the last ten minutes of every hour. This break in the action is recommended by the Centers for Disease Control.

Please do your part to keep the ESTC pool open and the water healthy for all swimmers by taking your child to the restroom during this time.

Adult swim also provides an opportunity for kids to rehydrate and gives our lifeguards a break from pool monitoring.



FAQs

Q: What is the process for using the barbecue grills?

A: All barbecue grills are available on a first-come, first-served basis. Lighters and tools are available beside the grills. Inquire at the front desk if you need assistance. Please clean and turn off the grills when finished. The grills are shared by all members and none are reserved for private party use.

Q: What is the protocol for using the refrigerators at the club?

A: There are two refrigerators on-site. One is located inside the Dick Black Pavilion. This is shared space unless it is in use by a pavilion reservation. A second refrigerator is in the kitchen above the weight training room and available for use at any time. The refrigerators are cleaned out at the end of each day. Beer and wine may not be stored in refrigerators at any time. Bringing your own alcohol to ESTC is prohibited by OLCC regulations.

Spa

Spa use is restricted to ages 14 and older at all times.

Aquatics

SWIM LESSONS

Swim lessons are offered in private, semi-private and group formats.

Weekly Group Lessons

JUNE 26 - AUGUST 3

Classes are 30 minutes in length and maintain a 5-to-1 ratio of students and instructors. Weekly group lessons require a minimum of three students. Registration for one session at a time is accepted. To register for the next level of instruction, students present a progress card. No refunds for missed lessons. No class on July 4.

Preschool, Advanced Beginner, Intermediate

Monday - Thursday 11:30 AM - 12:00 PM

Beginner 1, 2, 3

Monday - Thursday 12:00 - 12:30 PM

Fee: \$30

Skill Level/Class Description

- Pre-School: Ages 3-5 with no previous instruction
- Beginner 1: Ages 5 & older with no previous instruction
- Beginner 2: Ages 5 & older with beginner arm stroke, can swim at least 10 feet unaided
- Beginner 3: Refinement of arm stroke and breathing coordination. Introduction to other strokes. Can swim the width of the pool unaided
- Advanced Beginner: Any age able to swim one length of the pool. Refinement of strokes, building endurance and introduction to breast stroke
- Intermediate: Successful completion of Advanced Beginner level or ability to demonstrate crawl, basic backstroke and breast stroke

Private Lessons

All ages and skill levels. Please schedule your lesson at the front desk.

Fee: \$30 per 30 minutes (private)

\$40 per 30 minutes (semi-private)

Summer Swim Team

JUNE 26 - AUGUST 10

A great opportunity for junior members to participate on a recreational swim team. Participants must be able to swim the crawl stroke one length of the pool. Practices emphasize building endurance, skill refinement and fun in a team environment. No prior competitive experience is necessary. Select the session that fits your schedule. Ages 6-18.

Session I

Monday - Thursday 9:45 - 10:30 AM

Session II

Monday - Thursday 10:30 - 11:15 AM

Fee: \$100/child, includes team t-shirt and cap

Water Fitness Class

BEGINS JUNE 19

A summer fitness favorite! Cardio, strength, endurance and fun!

Monday/Wednesday/Friday 8:30 - 9:30 AM

Saturday 9:30 - 10:30 AM

No fee



LAP LANE AND OPEN SWIM SCHEDULE

May 1 – 31 and September 1 – September 30

Monday – Friday		
6:00 AM – 8:00 PM	No Lifeguard	Lap lane available
Saturday		
7:00 AM – 7:00 PM	No Lifeguard	Lap lane available
Sunday		
7:30 AM – 7:00 PM	No Lifeguard	Lap lane available

June 1 – August 31

Monday – Thursday		
6:00 AM – 8:30 AM	No Lifeguard	Lap lane available
8:30 AM – 9:30 AM	Programming (Begins June 19)	Lap lane available
9:30 AM – 11:30 PM	Programming (June 26 – August 3)	No lap lane available
11:30 AM – 12:30 PM	Programming (June 26 – August 3)	Lap lane available
1:00 PM – 8:00 PM	Open Swim - Lifeguard on Duty (Begins June 22)	Lap lane available
Friday		
6:00 AM – 12:00 PM	No Lifeguard	Lap lane available
8:30 AM – 9:30 AM	Programming	Lap lane available
1:00 PM – 8:00 PM	Open Swim - Lifeguard on Duty (Begins June 23)	Lap lane available
Saturday		
7:00 AM – 12:00 PM	No Lifeguard	Lap lane available
9:30 AM – 10:30 AM	Programming (Begins June 24)	Lap lane available
1:00 PM – 8:00 PM	Open Swim - Lifeguard on Duty	Lap lane available
Sunday		
7:30 AM – 12:00 PM	No Lifeguard	Lap lane available
1:00 PM – 8:00 PM	Open Swim - Lifeguard on Duty	Lap lane available



Fitness



Group Fitness and Exercise Programs

Group classes taught by our certified instructors help you get a jump on fitness, stay fit and pursue life-long exercise and wellness. Our 1500 square-foot exercise room is dedicated to group fitness activities including Group Cycling, Cardio Cross-Training, Insanity, Group Power, and Yoga.

Group Fitness Etiquette

- Please wait for the current class to officially end before entering the studio for the next class
- Please sign in with your first and last name for every class on the appropriate class sheet

- Please follow the instructor's directions and class format, utilizing modifications when appropriate
- As a courtesy to instructors and participants, please avoid having long or loud conversations during class
- As a courtesy to instructors and participants, please silence and refrain from using communication devices during class. If necessary, please exit to the lobby before using your device



Information & Helpful Tips

- All classes are free to members and are 55-60 minutes in length
- Instructors and classes are subject to change. Classes may be cancelled due to low participation or during holidays or other special events
- All classes, except Active Adult (55+), are appropriate for teens and adults ages 12 and older
- If you are new to Group Fitness classes or if you have any medical concerns, please inform your instructor prior to class. Your instructor can help you get started and suggest appropriate exercise options

Teen Fitness Certification

AGES 12 - 15

Teens gain access to the fitness area through this training program. Participants learn exercise fundamentals, how to use cardiovascular and weight training equipment, and receive a complete workout routine. This program is required for all junior members who want to work out in the cardio or weight rooms without an adult present. Contact the front desk for additional information.

Fee: \$60

Four 45-minute sessions

Group sessions available upon request

Personal Training

Get a jump on fitness this summer. Work with a Personal Trainer and give yourself the tools, knowledge, habits and desire for life-long fitness. Studies show that people with specific goals achieve results faster, more safely and with a better chance of success when they work with a Personal Trainer.

Personal Trainer Checklist

- Assess your current fitness and health levels, including nutrition
- Develop goals to map progress and establish realistic timelines
- Design a program based on your needs and goals
- Create accountability, provide feedback and make progress assessments
- Introduce new techniques and equipment that matches your program and development
- Communicate with fresh and interesting workout plans

FAQs

Q: What about parking lot security?

A: We recommend you do not leave valuables in your car. It is prudent not to leave any items visible that may attract attention, such as shopping bags, briefcases or jackets.



Fitness

GROUP FITNESS SCHEDULE

Mornings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	6:00 AM GROUP CYCLING Kristin Y.	6:00 AM GROUP POWER Kristin H.	6:00 AM CARDIO CROSS TRAINING Kristin H.	6:00 AM GROUP POWER Kristin H.	6:00 AM GROUP CYCLING Kristin Y.	
6:30 - 7:30						
8:00						8:00 AM ACTIVE ADULT CROSS TRAINING Kristin H.
8:30	8:30 AM, 6/19-9/30 WATER FITNESS Shayna		8:30 AM, 6/19-9/30 WATER FITNESS Kasondra		8:30 AM, 6/19-9/30 WATER FITNESS Shayna	
9:00	9:00 AM GROUP POWER Nicole	9:00 AM P90X LIVE Nicole	9:00 AM GROUP POWER Kimra	9:00 AM INSANITY LIVE Nicole	9:00 AM GROUP POWER Kristin H.	9:05 AM GROUP POWER Kimra
9:30						9:30 AM, 6/19-9/30 WATER FITNESS Kasondra
10:00	10:05 AM GROUP CYCLING Kimra	10:05 AM YOGA Nicole	10:05 AM GROUP CYCLING Kimra	10:05 AM YOGA Nicole		10:10 AM GROUP CYCLING Kimra
10:30						
11:00	11:00 AM ACTIVE ADULT WEIGHT ROOM Julia		11:00 AM ACTIVE ADULT WEIGHT ROOM Julia		11:00 AM ACTIVE ADULT WEIGHT ROOM Julia	

Evenings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	5:30pm GROUP POWER Kimra	5:30pm GROUP CYCLING Kristin Y.	5:30pm GROUP POWER Nicole	5:30pm GROUP CYCLING Kristin H.		
6:00						
6:30	6:35pm EVENING YOGA Erik		6:35pm EVENING YOGA Erik			

Child Care

Welcome

Kids' Corner is available for children ages 3 months to 7 years. Parents must remain on the premises during the time of care.

Kids' Corner Hours

Monday - Friday 9:00 AM - 1:00 PM

Rates*

1 hour	\$4.00 per child
1.5 hours	\$6.00 per child
2 hours	\$8.00 per child

**Complimentary for year-round family memberships*

Reservation Policy

Members must call or text the front desk to make a reservation for Kids' Corner. Reservations may be made up to seven days in advance, but no later than 8:00 PM the night prior. If the 5-to-1 children to staff ratio has not been met, walk-ins may be taken. Please make cancellations by 8:00 PM the evening prior. A \$4.00 fee will be billed for late cancellations or no shows.

Snacks

Simple snacks are provided, however please feel free to bring a snack or drink for your child. We recommend finger foods such as cheese sticks, Cheerios, crackers, fruit, etc. Please avoid drinks that stain and small items such as peanuts or raisins that are potential choking hazards. Be sure to notify Kids' Corner staff of any allergies or special concerns.

Diapers & Potty Training

Please bring your child to Kids' Corner in a clean diaper or after a recent restroom visit. If your child is potty training, please dress them in Pull-ups or plastic pants.

Illness Policy

If your child has any of the following symptoms, please keep them at home.

- Fever, diarrhea or vomiting within the past 24 hours
- Any type of rash
- Cold accompanied by a persistent cough and/or runny nose with thick or colored mucus
- Any type of infection
- Head lice



Massage



Massage therapy is available to both members and non-members. Please make an appointment at the front desk.

Swedish Massage

Medium pressure and varied strokes soothe stress and tension for overall relaxation.

Deep Tissue and Injury Treatment

Very deep, slow strokes effectively lengthen and relax muscles. Treatments address chronic pain, headaches, stress, tension and injury.

Sports Massage

Addresses one or two specific areas of the body to help prevent injuries or to facilitate recovery of stressed or overused muscles, tendons and ligaments.

Trigger Point Massage

Direct pressure to specific areas relieves tenderness or hypersensitivity due to overuse or injury.

Rates

30 minutes	\$ 40.00
60 minutes	\$ 75.00
90 minutes	\$ 110.00





2017

EUGENE SWIM & TENNIS CLUB OPEN

June 15–18 at Eugene Swim & Tennis Club

Presented by Relax The Back

Proceeds benefit Boys & Girls Club
of Emerald Valley



Enjoy four days of tournament tennis featuring men and women competing in numerous open and NTRP events. This premier tournament draws many top players and future tennis professionals from around the country. We encourage members to participate either in the open or NTRP events.

Sponsorship opportunities
are available starting at \$100.
Contact Kyle Halberg
(kyleh@estc.org) for details.